REGINA metro®

NEWS WORTH SHARING.

RAFA RULES NEW YORK

A REJUVENATED NADAL BEATS DJOKOVIC AT THE U.S. OPEN FOR HIS 13TH GRAND SLAM TITLE

PAGE 14

STYLE | SHOPPING | SPIRITS
www.S3Canada.com
4-10PM, SEPTEMBER 13
11AM-10PM, SEPTEMBER 14
CONEXUS ARTS CENTRE
FACEBOOK.COM/S3STYLESHOPPINGSPIRITS

Mulcair plays nice with Wall

Meeting. Federal NDP leader, premier agree on Senate abolition, disagree elsewhere

After trading barbs in the media, federal NDP Leader Tom Mulcair and Premier Brad Wall have had their first face-to-face meeting — and it appears they will agree to disagree.

Mulcair and Wall sat down Monday in Wall's office in the Saskatchewan legislature.

They emerged from the meeting to speak to reporters separately, but both men describe the chat as positive.

"Mr. Mulcair has got his views on certain things," said Wall. "We agreed on a number of issues, we disagreed on a number of issues, but I appreciate the fact that he wanted to meet to talk about them."

Mulcair said he and Wall are on the same page when it comes to the scandal-plagued Senate.

"We started off with an easy one where we agree a great deal, which is on the Senate, that it's time to stop kidding ourselves that the Senate can be reformed," said Mulcair.

"Premier Wall has seen the different iterations, he's worked with other premiers over a number of years now, and he's seen the Senate, what it represents, as a problem."

Mulcair said the two also agreed that diversity is important in Canada's economy.

The Opposition leader said the premier appreciated that the NDP's preference for development of natural resources is building a pipeline to carry western oil to the east coast.

TransCanada Corp.'s Energy East Pipeline project, which still has to clear regulatory reviews, would ship up to 1.1 million barrels of crude per day from Alberta to Quebec in 2017. A 1,400-kilometre extension would be built to ship oil to the Irving Oil refinery in Saint John, N.B., a year later.

But Mulcair and Wall disagreed on some big issues, including the Keystone XL pipeline.

Wall supports building the Keystone XL pipeline, which would carry oilsands bitumen to Gulf Coast refineries. He said it's an important project for Canada.

"I don't think we've changed his mind on Keystone," said Wall.

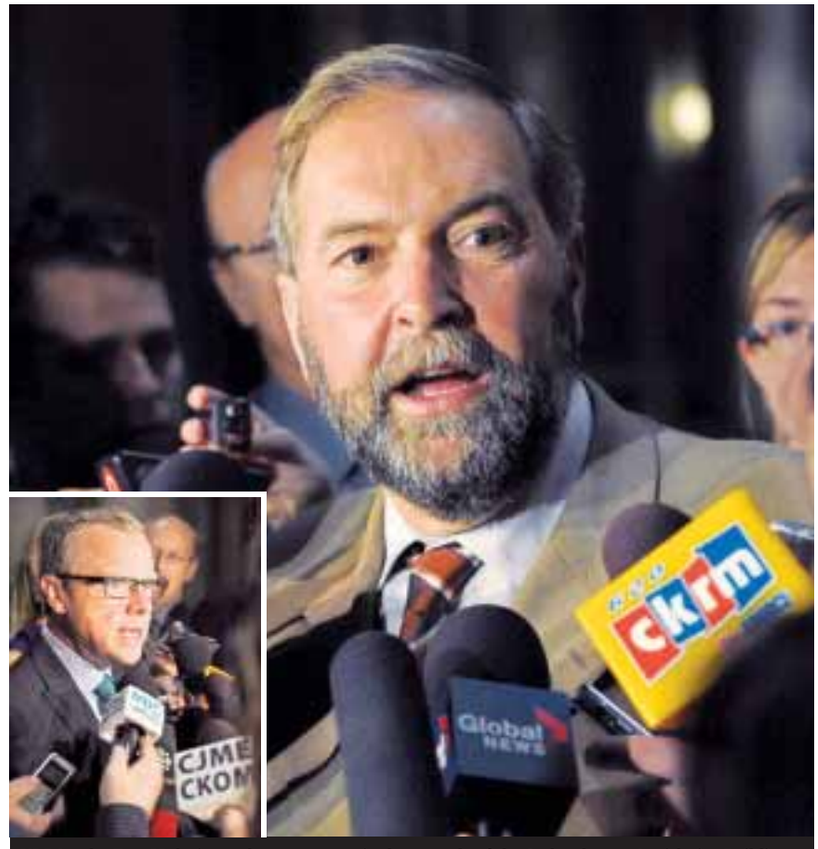
"I just wanted to point out, though, that he talks about this pipeline, its construction, as only benefiting the United States. That's not true."

Earlier this year, Wall accused Mulcair of betraying Canadian interests when the NDP leader criticized Ottawa's environmental record and the Keystone XL pipeline while speaking in Washington.

And last year, Mulcair angered western premiers by dismissing them as "messengers" of Prime Minister Stephen Harper.

"The meeting went so well and it was so friendly and so open and, again, on something like Keystone XL, he knows my position," said Mulcair.

"We tended to concentrate on what we agreed and where we disagreed, we talked about it very openly." THE CANADIAN PRESS



NDP Leader Tom Mulcair speaks to reporters in the rotunda of the Saskatchewan Legislative Building on Monday after meeting with Premier Brad Wall, inset. Both men described the chat as positive, though they continue to disagree on some major issues, including the Keystone XL pipeline.

MICHAEL BELL/THE CANADIAN PRESS

THE SEWAGE REFERENDUM

Would YOU like to pay higher utility fees?

☐ YES ☑ NO

On September 25th, vote NO and save your money.

A message from REGINA & DISTRICT CHAMBER of COMMERCE

reginachamber.com

NEWS 1

Regina transit found not criminally responsible in woman's death

Brent Sjoberg, deputy city manager, speaks to media at city hall on Monday. ALYSSA MCDONALD/METRO

Bus crash. Department instead handed fine for flawed brakes

ALYSSA MCDONALD
alyssa.mcdonald@metronews.ca

The City of Regina transit department has been charged for flawed brakes following a six-month investigation into a bus that plowed into a pole, which hit and later killed a 50-year-old woman.

Regina police, who investigated along with the Office of the Chief Coroner and Saskatchewan Government Insurance (SGI), has charged transit under the Vehicle Equipment Regulations Act with "fail(ing) to maintain a brake system with mechanical components that are secure, functional or not excessively worn or misaligned."

"This is a ticket obviously that is related to the status of the brakes," deputy city manager Brent Sjoberg told media on Monday.

"The wear on the brakes said that they were ready to be replaced.... The brakes did not fail."

The charge carries either a court date or a $770 ticket, which the city says it paid on Friday.

Sjoberg says that both SGI and an independent review reported that the brakes were not the cause of the accident.

"The city did engage an independent firm to review the situation … and it was also confirmed by SGI that the brakes weren't the cause or a contributing factor to the incident," said Sjoberg.

Sjoberg, as well as Regina police, would not speak to any specific causes.

Police said in a release on Monday that although the death was "very tragic" they could find no evidence of "criminal wrongdoing."

The woman, whose name has not been released, was waiting for the bus around 5:22 p.m. on Feb. 13 when the eastbound bus jumped the curb and hit a pole.

The pole knocked over a sign that struck the Regina resident on the head. She later died in March from her injuries.

By the numbers

$770

The price of the fine.

MOU

City and Sherwood shake hands on it

The City of Regina and encircling rural municipality of Sherwood have taken a step toward an improved relationship.

Both sides announced Monday that they had agreed to a new memorandum of understanding (MOU) that will be unveiled at a joint press conference Tuesday morning in Regina.

At the centerpiece of the new MOU, Mayor Michael Fougere said there would be three joint committees tasked with facilitating dialogue between both sides.

METRO

Multiple sclerosis

'Liberation' therapy's clinical trial cancelled

The Saskatchewan government says a clinical trial for the so-called liberation treatment for multiple sclerosis has been cancelled.

The province says it's been told by a medical centre in Albany, N.Y., that it isn't going ahead with the therapy that involves opening blocked neck veins.

Saskatchewan had planned to put up $2.2 million to have 86 patients from the province take part in the trial. But the trial lead, Dr. Gary Siskin, has indicated that the research team couldn't recruit enough participants to meet United States government requirements for a clinical trial. Health Minister Dustin Duncan says the news is disappointing for some 3,500 people in the province who want to know whether the treatment can help relieve MS symptoms.

THE CANADIAN PRESS

THE NUMBERS SPEAK FOR THEMSELVES.
The sooner you get LASIK, the more you save.
LASIK MD VISION
Starting at $490 per eye*
Book a free consultation at
1-855-785-2020 or lasikmd.com
Calculate your savings!
lasikmd.com/calculator

*Prices are subject to change without prior notice and vary based on prescription strength. Applicable on a procedure for both eyes only. Other conditions may apply.

Syria surprisingly agrees to surrender chemical weapons

'With a grain of salt.' Obama will consider proposal for peaceful solution but is still trying to sell Congress on military action

In this frame grab from video taken Sunday and provided by CBS This Morning, Syrian President Bashar Assad responds to a question from journalist Charlie Rose during an interview in Damascus. In the interview broadcasted Monday on CBS, Assad threatened to retaliate for any military strike launched in response to the alleged chemical weapons attack. THE ASSOCIATED PRESS

A possible diplomatic solution to avoid a U.S. military strike arose Monday when Syria swiftly welcomed a suggestion to turn over all of its chemical weapons for destruction under international control. President Barack Obama said the proposal could be "potentially a significant breakthrough" but he remained skeptical that Syria would follow through.

The White House pressed ahead with efforts to persuade Congress to authorize a military strike, and Obama said the day's developments were doubtless due in part to the "credible possibility" of that action. U.S. officials insisted that Syrian President Bashar Assad's government must be held accountable for using chemical weapons regardless of what happens to its stocks.

But the diplomatic opening could provide Obama with a way out of a messy political and foreign policy bind. It followed a remarkable chain of events that started with a suggestion from Secretary of State John Kerry, followed by a proposal from Russia and immediate endorsement by the UN secretary-general.

Obama told NBC News in an interview Monday that he's taking a statement from Damascus welcoming the idea "with a grain of salt initially." But he said he would "absolutely" halt a U.S. military strike if Syria's stockpiles were successfully secured.

THE ASSOCIATED PRESS

On the same page

The White House says President Barack Obama has spoken with Prime Minister Stephen Harper about chemical weapons use in Syria.

- Obama and Harper agreed there must be a strong international response to chemical weapons use to ensure that similar atrocities won't occur again.

Social media

Iran likes Facebook for its politicians, but not its citizens

Iran's curious world of online politics looked a bit more crowded Monday with members of President Hasan Rouhani's cabinet encouraged to open their own Facebook pages — in a country where authorities, at the same time, try to block the public from social media.

The initiative, reported by the pro-reform Shargh daily, is seen as part of Rouhani's efforts to give the presidency a makeover.

THE ASSOCIATED PRESS

Police. Estranged wife says George Zimmerman threatened her with a gun

George Zimmerman
GETTY IMAGES FILE

The estranged wife of a former neighbourhood watchman acquitted in the shooting death of a black teenager called police officers Monday, saying her husband threatened her and her father with a gun.

Shellie Zimmerman called police shortly after 2 p.m. Monday, said police Chief Steve Bracknell. In the call, she said George Zimmerman punched her father in the nose, grabbed an iPad out of her hand and smashed it and threatened them both with a gun.

Shellie Zimmerman, who has filed for divorce, initially told an emergency dispatcher that her husband had his hand on his gun as he sat in his car outside the home. She said she was scared because she wasn't sure what Zimmerman was capable of doing. But hours later she changed her story and said she never saw a firearm, said Bracknell. THE ASSOCIATED PRESS

Long-term care. Group says mice found chewing dementia patient's face

A health-care advocacy group says a dementia patient at a long-term care home in southern Alberta is recovering after a staff member found mice nibbling at her face.

Friends of Medicare says it happened at St. Therese Villa in Lethbridge on Sept. 1.

"The lady was in fact bitten and now she's been medically treated for that," said Sandra Azocar, executive director of Friends of Medicare.

"I'm completely horrified. I think it's beyond words. I can't imagine being that lady who had this happen to her."

The woman also has disabilities and would not have been able to move the mice off her face, Azocar said.

"She's doing OK. Emotionally it impacted her and she's on medication to prevent infection."

Azocar said a nest of mice was found in the woman's closet.

Staff at the 200-bed facility operated by Covenant Health first complained about mice about a year ago, Azocar said. She added the care centre, built in 2008, also has had a bedbug infestation for about nine months.

"It's obvious the situation hasn't been dealt with the urgency it requires. Even though staff have tried to deal with it, there's no overall plan to deal with these health hazards in a more urgent manner," Azocar said.

Shelley Murphy, a vice-president of Covenant Health, said the mice allegation was being reviewed.

She declined to provide any details, citing patient confidentially.

"If this happened, what we would do immediately is treat the patient, we would immediately clean up the area," she said.

Standards

"This is so unbelievable that this would be happening in Canada's richest province, that our seniors are having to live under these conditions."

Sandra Azocar, executive director of Friends of Medicare

Covenant Health calls itself Canada's largest Catholic health-care organization with more than 14,000 physicians, employees and volunteers serving in 12 communities across Alberta.

Murphy acknowledged that St. Therese has had mice problems in the past.

"On occasion, mice do get into buildings. We have traps set at the doors. We make sure that the housekeeping is done to a very high standard," she said.

"We have audits to ensure that our standards are being adhered to so that our buildings are kept very clean."

THE CANADIAN PRESS

Crown calls for harshest punishment since 1962

Travis Baumgartner admitted to carrying out multiple homicides in his bid to steal hundreds of thousands of dollars. THE CANADIAN PRESS FILE

No parole for 40 years. Ex-guard pleads guilty to killing three co-workers, attempting to kill fourth

An Edmonton judge is to decide whether an armoured-car guard who killed three co-workers and severely injured a fourth will be the first person in Canada to receive the harshest sentence since the death penalty was in force.

Crown and defence lawyers are both recommending Travis Baumgartner be sentenced — under a new federal law enacted by Parliament in 2011 — to life with no parole for 40 years.

Baumgartner, 22, pleaded guilty Monday to one count of first-degree murder, two counts of second-degree murder and a charge of attempted murder in a plea bargain.

Chief Crown prosecutor Steve Bilodeau said the new law gives judges the discretion to impose consecutive parole ineligibility periods in cases involving multiple murders.

Under the previous law, life sentences for more than one death had to be served concurrently, with only a single maximum parole ineligibility period of 25 years.

Bilodeau said he understands the judge is wading into "untested waters" and, if granted, it would be the toughest term imposed since 1962 — the double hanging of Arthur Lucas and Ronald Turpin in Toronto.

But Bilodeau said Baumgartner's case warrants extraordinary punishment.

Baumgartner methodically shot his fellow guards while they were reloading ATMs on June 15, 2012.

Court heard that he owed friends and family money.

Baumgartner left undisclosed amounts of money at the homes of two friends and plopped $64,000 in cash on his mother's kitchen table before he was arrested.

Court heard that Baumgartner first claimed to police that he'd been kidnapped and told by a man to drive to Seattle and deliver a bag of money or his family would be killed. He said he didn't remember the last few days.

THE CANADIAN PRESS

Reason for proposed sentence

"Travis Baumgartner was supposed to be watching his fellow guards but instead shot them in their heads.... The depth of betrayal is remarkable."

Chief Crown prosecutor Steve Bilodeau

Poor Returns Got You Down?

Grow your portfolio by 60% in 5 years!

- Alternative investment solutions – True Diversity!
- REITs, MICs, land banking, oil and gas, mining, business lending, and credit receivables
- Tax reduction
- Multi – generational wealth planning
- Portfolio management
- Segregated funds

Source: David Plett, Globe & Mail

ASK ME HOW!

Andrea Kerr
Private Market Specialist
Pinnacle Wealth Brokers Inc.
Phone: 1 (306) 737-9475
Fax: 1 (306) 585-9566
andrea.kerr@pinnaclewealth.ca
www.pinnaclewealth.ca

NEMA

PINNACLE WEALTH BROKERS

This information does not constitute a solicitation for sale or purchase of securities. This is not an offering of securities. Offerings are made pursuant to an offering memorandum and only available to qualified investors in jurisdictions of Canada who meet certain eligibility or minimum purchase requirements. The risks of investing are outlined and detailed in the applicable offering memorandum and you must review the offering memorandum in detail prior to investing. Investments are not guaranteed or insured and the value of the investments may fluctuate.

Jeffrey Baldwin. Death of child a surreal horror story

The first emergency crews to find the body of a boy so skeletal he looked like a starving child are still deeply disturbed by the sight more than 10 years later, a coroner's inquest heard Monday.

But the boy's grandmother, his primary caregiver who had summoned them to the home with a nonchalant 911 call, treated his death as an annoyance, a pair of first responders told the inquest into Jeffrey Baldwin's death.

Four years after his grandparents got custody of Jeffrey and his three siblings, he died from complications of chronic starvation.

"It was the complete and utter destruction of dignity to any child or human being," said paramedic Marc Dugas of what he saw on Nov. 30, 2002.

Jeffrey Baldwin
CONTRIBUTED

Elva Bottineau and Norman Kidman have already been convicted of second-degree murder. The coroner's inquest is exploring systemic issues.

Dugas was shocked by Jeffrey's condition, but the rest of the family seemed unconcerned, he said. When paramedics worked on Jeffrey in the back of the ambulance, no one came out of the house to inquire about him, Dugas said.

The inquest heard a recording of the 911 call Bottineau placed.

"Apparently my grandson is not breathing right now," she says. THE CANADIAN PRESS

U.S. gun laws

Should the blind be packing heat?

Some blind people are granted gun permits in one U.S. state, and law enforcement officials are debating the wisdom of it.

The Des Moines Register reports that Iowa law doesn't allow sheriffs to deny a permit to carry a gun in public based on physical ability.

Jane Hudson with Disability Rights Iowa said federal law requires states to analyze a situation individually before denying a service.

"The fact that you can't drive a car doesn't mean you can't go to a shooting range and see a target," Hudson said.

THE ASSOCIATED PRESS

Hadfield touches down to launch new Ivey building

London, Ont. Business students benefit from some out-of-this-world advice as part of $110M complex's grand opening

SCOTT TAYLOR
Metro in London, Ont.

Cmdr. Chris Hadfield takes the stage Monday at Western University, urging a crowd of business students to be prepared for anything that comes their way. ANGELA MULLINS/METRO

Richard Ivey Building stats

- The Ivey Business School's new showpiece boasts three student lounges, 15 78-seat classrooms and five 50-seat classrooms. It also has enough exterior glass to cover 10 basketball courts.

The astronaut who became a star instilled Western University business students with a message of hope tempered with reality on Monday.

"Prepare for the worst," urged Cmdr. Chris Hadfield, considered by some to be Canada's greatest gift to space since the Canadarm. Back on earth after more than five months at the helm of the International Space Station (ISS), Hadfield was invited to Western as part of the school's unveiling of the $110-million Richard Ivey Building.

Hadfield noted how much the world has changed since the end of the Second World War, marvelling over the many "antagonistic countries" that worked together to build the ISS.

"To think about that transition happening in less than a lifetime, of all of that hatred and misunderstanding and individual agendas, and now there's a mission control for the space station in Japan, one in Germany, one in Moscow, in Canada and the United States," he said.

But Hadfield also tried to instill some caution in his audience, by describing his first spacewalk in 2001. Moments into the walk, contamination in his helmet blinded him in both eyes, but it was countless hours of preparing for the worst that saved him.

"I practised that emergency so many times that my immediate reaction wasn't one of panic or one of ignorance, but one of calm and readiness," he said.

Saskatoon

Glitches hold up production at Cigar Lake mine

Cameco Corp.'s long-delayed Cigar Lake uranium mine in Saskatchewan won't begin producing until early 2014 because of some glitches it encountered during the startup process. The company had expected to produce 300,000 pounds of milled uranium this year, but on Monday said it will be unable to meet that target. THE CANADIAN PRESS

Market Minute

DOLLAR
96.40¢ (+0.33¢)

TSX
12,854.64 (+33.72)

OIL
$109.52 US (-$1.01)

GOLD
$1,386.70 US (+$0.20)

Natural gas: $3.61 US (+8¢)
Dow Jones: 15,063.12 (+140.62)

Kryptonian currency. Mint unveils Superman coins

Superman has received the Canadian royal treatment. The Royal Canadian Mint unveiled seven coins Monday, each depicting different moments in the superhero's history, in order to mark the character's 75th anniversary.

The coins also feature an engraved message reading "75 years of Superman" in the character's native language, Kryptonian. One of the coins depicts Superman flying above Metropolis with the famous Fortress of Solitude in the background.

The 14-karat gold coin sells for $750 and is supposed to be like the original design of Superman's Canadian co-creator, Joe Shuster. The other six coins have a price range from $29.75 to $129.75.

The designs include a 3D hologram of Superman flying and an almost pure silver coin of Superman in his latest uniform. THE CANADIAN PRESS

Superman fan Norman Antonio wears a costume as he attends the unveiling of the Royal Canadian Mint's Superman commemorative coins in Toronto on Monday. MICHELLE SIU/THE CANADIAN PRESS

"This book is the ultimate baby shower gift."
Paid PR Person

"Buy multiple copies!"
Authors

"Eye-opening. I just bought 87 boxes of condoms."
Single Dude

LYRANDA MARTIN EVANS AND FIONA STEVENSON
REASONS MOMMY DRINKS
A hilarious guide to parenthood. In bookstores now.

DON'T FALL FOR ALL DIGITAL DEALS

SHE SAYS

Jessica Napier
metronews.ca

I'm a sucker for a daily deal. If you tempt me with 62 per cent off a spa package or discounted eyelash extensions, there's a pretty good chance I'll punch in my credit card information.

Today, there are more than 300 group-buying websites worldwide offering an infinite number of ways to help you look, feel, eat and live better for less. At the best of times, these e-commerce portals have a lot to offer both merchants and consumers, helping retailers bring in new customers and providing thrifty folk a great opportunity to try out local businesses on the cheap.

However, I'm starting to find that I'm racking up my Visa card with high expectations only to feel let down when these discounted experiences don't exactly pan out.

Admittedly, sometimes it's my own fault. Promotional emails usually show up in my inbox before my morning coffee has kicked in which leads to impulsive purchases without any consideration of when I'll use the coupon or whether I actually have any interest in the product on offer. I mean, how many gallery wrapped canvas prints does one person really need?

These spontaneous buys often result in a subpar user experience. Overlooking the imminent expiry date on your gym pass can make it impossible to attend enough classes to make it worthwhile. And forgetting to read the fine print means you'll probably gloss over some important restrictions, such as those details stipulating your coupon for a romantic dinner for two is actually only valid between 5 p.m. and 6 p.m. on Mondays.

I know when I'm to blame when it comes to not getting the most out of my discounted purchases. But what happens when you do everything right and still wind up disappointed?

Last Christmas, my boyfriend received a voucher to test drive exotic cars at a nearby race track. Unfortunately, after dozens of phone calls and emails sent to the company that was offering the deal, it became apparent that scheduling a spot for him behind the wheel wasn't going to happen.

And this certainly isn't the only case of an online coupon gone sour. I know plenty of people who have had similar experiences with local merchants abruptly closing up shop or making it so difficult to book appointments that buyers are forced to just give up altogether.

Most sites offer refunds or credit for defunct deals, with the onus on the individual buyer to follow up and demand their money back. That said, I'm still waiting to hear back from a couple of companies regarding my own unsatisfactory experiences and am learning to be much more cautious when it comes to these bargain buys.

Because sometimes those frugal finds really are too good to be true.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Do you need a hand?

3D printing helps replace lost digits

Dylan Laas shows how his Robohand works.

Laas, who was born with Amniotic Band Syndrome, got his hand from South African carpenter Richard van As, who lost four fingers to a circular saw two years ago and started work on building the Robohand after seeing a video posted online of a mechanical hand made for a costume in a theatre production. Since then, van As has fitted Robohands on about 170 people, from toddlers to adults.

THE ASSOCIATED PRESS

DENIS FARRELL/THE ASSOCIATED PRESS

The motivation

"After my accident, I was in pain ... Sometimes you have to chop fingers off to start thinking."

Richard van As, Robohand creator

The details

- It's made from cables, screws, 3D printing and thermoplastic. It uses the rotation of a joint to enable five plastic digits to grasp.
- It costs $500 to make.

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

Bandcamp is an online music store that allows customers to buy music directly from the artists, usually for only a few bucks and with an added bonus of being able to preview albums in full. Here are some Canadian artists to check out.

COURTESY BANDCAMP

How Sad:
Despite the weather trending toward the chilly, How Sad fits in perfectly with the two groups mentioned below as sunny day soundtrack while taking care of the synthpop side of things. Let's hope fall co-operates enough to provide us with a few nice afternoons to enjoy them with.
(howsad.bandcamp.com)

Sean Nicolas Savage:
An obnoxiously prolific Montrealer who is equally at home writing breezy summer ballads and electro oddities. Flamingo is about as pleasant as an album gets.
(seannicholassavage.bandcamp.com)

Grounders:
A beautifully handled collision of psychedelia, surf guitar and earworm pop, this Toronto band's debut EP is an absolute gimme.
(grounders.bandcamp.com)

Twitter

TODAY!

@metropicks asked: Bitcoin kiosks that exchange cash for digital money will come to Canada. Will you be converting?

@Canucklehead_ca: To bitcoins? No way - people should hold off for my 'Lincoins' kiosk which will dispense IOUs. (As good as money.) INVEST

@BrookeBoser: Anyone use these?

@zimer77: Too new and people will decide.... I will not convert!

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU:
Send us your comments: reginaletters@metronews.ca

metro
President Bill McDonald • **Vice-President & Group Publisher, Metro Western Canada** Steve Shrout • **Editor-in-Chief** Charlotte Empey • **Deputy Editor** Fernando Carneiro • **National Deputy Editor, Digital** Quin Parker • **Managing Editor, Regina** Tara Campbell • **Managing Editor, News & Business** Amber Shortt • **Managing Editor, Life & Entertainment** Dean Lisk • **Sales Manager** Kim Kintzle • **Distribution Manager:** Darryl Hobbins • **Vice-President, Sales and Business Ventures** Tracy Day • **Vice-President, Creative** Jeff Smith • **Vice-President, Finance** Phil Jameson **METRO REGINA** 1916 Dewdney Avenue Regina, SK S4R 1G9• **Telephone:** 306-584-2025 • **Toll free:** 1-877-895-7194 • **Fax:** 1-888-243-9726 • **Advertising:** adinforegina@metronews.ca • **Distribution:** regina_distribution@metronews.ca • **News tips:** regina@metronews.ca • **Letters to the Editor:** reginaletters@metronews.ca

Researcher among the shy

Salinger. Armageddon and Avatar writer Shane Salerno took years to find the info he needed for doc about famous author

MATT PRIGGE
Metro World News in New York

J.D. Salinger, left, after the Normandy invasion with his fellow counterintelligence officers. THE ASSOCIATED PRESS

Like many who toil in Hollywood, Shane Salerno had a passion project on the side. While writing for NYPD Blue and getting credits on the likes of Armageddon (he's also James Cameron's co-writer on one of the Avatar sequels), Salerno laboured hard on a look into the unknown (or at least under-known) private life of the most famously private writer of all: J.D. Salinger. The fruits of his labours are now available, namely a documentary and a 700-page book, both called simply Salinger. (And for the record, his favourite Salinger works are the Nine Stories members A Perfect Day for Bananafish and For Esmé — With Love and Squalor.)

Was this always intended to be a non-fiction project?
Initially I wanted to make it as a feature with Daniel Day-Lewis playing Salinger. But I knew how fanatical he was about research. Over the course of all this research I realized it's a documentary. The people I needed to talk to were in their 80s and 90s — this had to go now. And I just started filing them. About six months into the documentary I realized there was no way this story could be told only as a two hour film. That's when the book became important.

Do you view the movie as a gateway attraction for the book, which is bigger and more comprehensive than the two hour film?
I view them as one combined project. They work independently of each other. The book has a ton of material the film doesn't have, and the film has a ton of things the book just can't do — specific cinematic things. The book is about his life and has an enormous amount on his work. The film is about his life with a psychological portrait of his work.

Were some of the people hard to convince to take part?
Sure. In the case of Jean Miller — this was a woman who was 14 when she met Salinger, 19 when their relationship ended, who had a hundred letters from him and had never told her story anywhere. Not only did she talk to us, she gave us all of Salinger's letters to her. They start in '49 and go all the way to 1954, when she's in college, and he's sending her telegrams saying can you come up this weekend? These letters provided this unprecedented look at Salinger.

Did Miller require a lot of coaxing?
I wouldn't say coaxing. She wanted to make sure this was a serious endeavour, and one that would tell her story and Salinger's story honestly. She definitely put us through a hardcore vetting process.

Ultimately how did you wind up convincing her?
I think it was just time. At that point we were eight years in, seven years in, and she had seen the work. And remember if we wanted to do something cheap and exploitive we would have slapped this thing out in 2010, right after he passed away. We had a done film, ready to go when he passed away. There was a lot of pressure to do that. I just knew there was this other material. Because we waited we got things like the only photo of him writing during the war.

Shane Salerno is finally enjoying the fruits of his labour. GETTY IMAGES

Were there myths you wanted to debunk?
That he was a recluse. There was nothing reclusive about J.D. Salinger. Howard Hughes was a recluse. Recluses don't call The New York Times and grant spontaneous interviews. They don't see a 17-year-old girl on the cover of The New York Times Magazine and want to meet her and pursue her. That's another contradiction — he took his picture off of The Catcher in the Rye. That's what I was most interested in — those contradictions.

bodhi tree hot yoga
Register Online Today!
www.bodhitreeyoga.com
1775 Scarth Street
(2nd floor right above Havik)
306.552.YOGA (9642)
info@bodhitreeyoga.com

Dahong Investments Group Inc.
Office: 306-992-3255
Fax: 306-993-1939
107Albert St., Regina, SK Canada S4R 3B8
Doors • Security Cams • Electrical
Windows • Showers • Cabinets
Bidets • Counter Tops
Call for a FREE estimate
URGENTLY HIRING – Dahong Investments currently has full time openings for the following positions:
– 8 Roofers $20/hr
– 8 Painters $18/hr
– 6 Carpenters $22/hr
– 6 Floor Installers $20/hr.
– 6 Drywall Installers $22/hr
All permanent 40hr/week, WCB included.
Must have 3+ yrs exp. Resumés to info@dahong.ca

Downtown Living

The Hamilton - Condo
Open concept floor plan, wonderful view of downtown. Condo features 2 bedrooms, 4 piece bath & large storage utility room. Condo complex features a roof top terrace w/hot tub, BBQ, and more. Social room w/pool table, big screen tv and fireplace. Workout room & storage. Refrigerator, stove, washer, dryer, dswr and all window coverings are included. Condo fees include, heat, water, building maintenance, insurance & reserve fund. New elevator 2011, concierge on duty during business hours. Heated underground parking.

Century 21
Doug Slinn
306-535-5544
Independently Owned and Operated® and™, trademarks of Century 21 Real Estate LLC, used under license.

Thandie Newton

Newton pregnant with child number three

Thandie Newton is going to be a mom once again. The actress is reportedly pregnant with her third child with her husband, writer-director Ol Parker, according to Us Weekly. Newton and Parker have been married for 15 years and are already parents to daughters Ripley, 12, and Nico, 8. "She couldn't be more happy. You can barely tell she has a bump and she's been dressing different because of it," a source says.

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

McKellan plays priest as Stewart has fun getting hitched

PAT HEALY
Metro World News in Boston

Patrick Stewart is off the market. The former Star Trek captain married Sunny Özell this weekend, with good friend Ian McKellan officiating the wedding. Always a fan of frivolous fun, the X-Men star announced his marriage by posting a photo to Twitter of himself and Ozell buried neck-deep in a ball pit with the caption, "Yes, married." McKellan also took to Twitter to announce the event, posting a photo of himself with his Doctor of Divinity certificate and a T-shirt with the word "minister" emblazoned on it. "I did my part," he wrote.

Christina Aguilera. ALL PHOTOS GETTY IMAGES

Motherhood puts Aguilera back in good shape

Christina Aguilera has wowed onlookers by getting back into fantastic shape recently, but she insists regular trips to the gym have not been part of the equation. "If I can squeeze in a workout, great. If not, that's OK, too," she tells Maxim magazine. Her secret? Trying to keep up with five-year-old son Max. "Running around with him all day is pretty good exercise," she insists.

SEWAGE REFERENDUM

Vote NO
to paying more.

On September 25, Regina residents will vote to decide how we build our new sewage plant.

The plant has nothing to do with our drinking water – it will only treat sewage.

Vote NO to losing $58.5 Million in federal funding.

Vote NO to paying an additional $276 a year on your utility bill.

Let's be very clear, the City will always own and control the plant.

For more information on the new sewage plant, visit **Regina.ca**

City of Regina | REGINA Infinite Horizons

Catch up on the news before your next stop.

Available on Regina Transit.

metro
News worth sharing.

City of Regina | REGINA

Is there a 'bigorexic' man skulking around your gym?

Fitness. Even without the drug abuse attached to excessive bodybuilding, there can be some serious dangers

LINDA CLARKE
Metro World News

When is big too big, or even dangerously big? That's the question some health experts are asking about excessive bodybuilding. Nicknamed bigorexia, obsessive muscle mass bulking can damage mental and physical well being, especially when it involves dangerous drug use.

"Bigorexia is the term we're using for men who are using substances like anabolic steroids and testosterone to get bigger and bigger," says Dr. Damon Raskin, a board-certified internist with a specialty in men's health. "The danger with taking supplemental testosterone is that it shuts off the body's ability to make it. Depression is a common side effect; it can damage the liver too, as can anabolic steroids."

Similar to anorexia, bigorexia often affects teens who are prone to insecurity or unsure of their physical identity.

"They see these athletes and hear about them using enhancement drugs, and they think it's OK," says Raskin, who says the issue is "becoming a big problem."

He says efforts to educate people about the disorder need to start in schools, and early. And a healthy home life helps too.

"The person who is susceptible is someone who perhaps has a stressful home environment, low self-esteem, or been rejected by a girl or boy."

Warning signs that parents and friends can watch out for include increased aggression and overdoing it on diet and exercise.

"If you see rapid physical changes and someone develops massive biceps in four to six weeks, that's not normal," says Dr. Raskin.

As with any drug dependency and psychological disorder, it's important to seek professional help.

"It's necessary to get psychotherapy to find the underlying problems and treat them," Raskin advises. "Then, we work to balance out hormones. Over time, taking these drugs can cause lasting physical damage, but if caught early enough an endocrinologist can usually reverse any problems."

Supplements

No drugs, no problem?

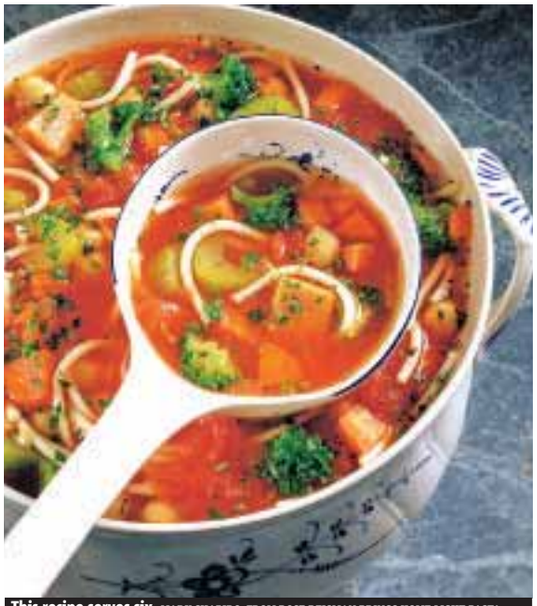
- **Not true.** Even bigorexics who don't use drugs to help build muscle mass are prone to health problems from excessive exercise and eating too many high-protein foods, like meat, eggs and supplements.

Working out is OK, just don't get obsessive about it. ISTOCK

PUMPKIN HOLLOW
Corn Maze & Fall Festival
Join us for the Pirate Scavenger Hunt through the Corn Maze
Saturday, September 14th
Treat Your Family To The Best Fall Experience In Saskatchewan!
For tickets and our complete Special Events Calendar visit us on the web:
www.pumpkinhollow.ca
or call the Pumpkin Hollow Hotline at 306-731-1479

October 4 - 5, 2013
Conexus Arts Centre
Regina, SK
Friday 1 PM - 9 PM
Saturday 10 AM - 5 PM
Breast Cancer Action Saskatchewan
proudly presents
CREAM OF THE CROP
CRAFT SALE
Admission $5 (Two Day Pass) • Hourly Door Prize Draws
For information:
Breast Cancer Action Saskatchewan
E-2318 Assiniboine Avenue E., Regina, SK S4V 2P5
phone: 306-586-9191 • email: bcas@sasktel.net
Bring This Advertisement In And Receive $1.00 OFF Admission

Soup season is around the corner: Veg & Bean Minestrone



This recipe serves six. MARK SHAPIRO, FROM ROSE REISMAN BRINGS HOME LIGHT PASTA (ROBERT ROSE)

ROSE REISMAN
For more, visit rosereisman.com or follow her on twitter @rosereisman

This is a great vegetarian soup with loads of nutrients.

If you want this to be a complete meal, add six ounces of diced cooked chicken, beef, pork or seafood. You can also substitute the pasta for 1/4 cup rice or quinoa but allow to cook for another 10 to 15 minutes.

1. In nonstick saucepan, heat oil; sauté garlic, onion, carrot and celery until softened, approximately 5 minutes.

2. Add stock, potatoes, broccoli, tomatoes, chickpeas, bay leaves, basil and oregano; cover and simmer for 40 minutes or until vegetables are tender, stirring. Remove bay leaves. Season with pepper to taste.

3. Add pasta; cook 10 minutes, stirring often, or until spaghetti is firm to the bite. Garnish each bowl with cheese. ROSE REISMAN BRINGS HOME LIGHT PASTA (ROBERT ROSE) BY ROSE REISMAN

Ingredients

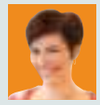
- 1 tbsp vegetable oil
- 1 tsp crushed garlic
- 1 1/2 cups chopped onion
- 1 medium carrot, finely 1 chopped
- 1 small celery stalk, finely 1 chopped
- 4 1/2 cups beef stock
- 1 1/2 cups finely chopped peeled potatoes
- 1 1/2 cups chopped broccoli
- 1 can (19 oz) tomatoes, crushed
- 3/4 cup canned, drained and rinsed chickpeas
- 2 bay leaves
- 1 1/2 tsp each dried basil and oregano
- Pepper
- 1/3 cup broken spaghetti

Garnish

- 3 tbsp grated Parmesan

Health Solutions

If it looks like a duck...



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

Don't just stand there! Duck! It is the new white meat and according to Grey County duck farmer Justus Martin (ovenready-ducks.com), the demand is growing.

Here's why: Canada celebrates ethnic diversity that brings with it a yearning for other proteins and duck fits the bill. In addition, as with most lasting trends, it all starts with the high-end restaurants looking to offer a new experience to their demanding clientele.

Duck has more flavour than chicken but is still considered "white meat" and, Muscovy duck is as lean as chicken but it brings a richer flavour. It is an absolute myth that it takes anything more to cook a duck than it does to cook a chicken.

Cooking tips:

- Best on a spit with a simple rub of olive oil and spice.
- Roasts well in the oven just like chicken 350 for 3.5 hours.
- Breasts and drumsticks work well on the barbecue.
- Fall and winter weather just scream for a duck confit which is a hearty fix it and forget it, one pot meal.
- Serve duck with heartier foods with distinct flavours like: cranberries, sage, saffron, orange or onions.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

Mushrooms and potatoes give salad an earthy twist

1. Bring pot of water to a rolling boil. Gently add eggs, reduce heat to medium and boil for 6 minutes. Drain. Cover with cold water and let stand for 2 minutes. Remove eggs from water; set aside.

2. In large frying pan, heat 2 tbsp (25 ml) oil over medium heat. Add potatoes; cover and cook for 7 to 8 minutes, stirring occasionally, or until browned and cooked through. Add mushrooms; cover and cook 6 minutes or until mushrooms release juices and start to brown. Season mixture with 1/4 tsp (1 ml) of the salt and 1/8 tsp (0.5 ml) of the pepper.

3. In bowl, whisk mustard and vinegar. Whisk in 1/4 cup (50 ml) olive oil, remaining 1/4 tsp (1 ml) salt and remaining 1/8 tsp (0.5 ml) pepper.

4. In large bowl, toss field greens, red onion, potato-mushroom mixture, and vinaigrette. Transfer to serving platter. Carefully peel eggs; cut in half lengthwise and arrange on top of salad. Serve sprinkled with parsley.

This recipe serves six as a side salad. CONTRIBUTED

PRESIDENT'S CHOICE

Ingredients

- 4 eggs, at room temperature
- 2 tbsp (25 ml) olive oil
- 1 cup (250 ml) halved PC Little Gems Golden Potatoes
- 1 pkg (100 g) shiitake mushrooms, stems discarded and caps cut in quarters
- 1/2 tsp (2 ml) salt
- 1/4 tsp (1 ml) freshly ground black pepper
- 2 tsp (10 ml) Dijon mustard
- 2 tsp (10 ml) white wine vinegar
- 1/4 cup (50 ml) olive oil
- 1 tub (142 g) PC Organics Mixed Field Greens Salad Mix
- 1/2 cup (125 ml) thinly sliced red onion
- 1/4 cup (50 ml) chopped fresh parsley

Let's do LUNCH at Memories!
TUESDAY LUNCH SPECIAL
Soup of the Day: Broccoli & Cheddar
Wrap of the Day: B.B.Q. Pork Riblette Wrap
Boneless pork riblettes, lettuce, tomato, cucumber and mozzarella cheese
Catch of the Day: Scallop & Shrimp Skewer
A grilled skewer of fresh scallops and jumbo shrimp, served with potatoes and vegetables
Memories Fine Dining & Lounge 306.522.1999
1717 Victoria Avenue • www.memoriesdining.com
Great Food ~ Knowledgeable Service ~ Priceless Memories

Side dish. Mandarin Orange and Kale Salad

Massaging oil into kale is a great way to tenderize the leaves for this fruit-and-nut side salad.

1. Discard tough stems of kale. Tear leaves into bite-sized pieces. Place in large bowl. Drizzle 2 tbsp (25 ml) oil over top; using hands, massage oil into kale for 1 minute. Sprinkle pinch of salt over top; massage and squeeze for 1 to 2 minutes or until kale is slightly softened.

2. Peel mandarin oranges and pull off excess stringy white bits; segment. Add orange segments, apple, celery and red onion to kale. In small bowl, whisk together 2 tbsp (25 ml) oil, vinegar, salt and pepper. Pour over salad; toss to coat. Transfer to serving platter. Sprinkle with toasted almonds.

PRESIDENT'S CHOICE

Ingredients

- 1 bunch kale, washed and dried
- 2 tbsp (25 ml) PC Splendido Extra Virgin Olive Oil
- Pinch salt
- 4 mandarin oranges
- 1 PC Organics Gala Apple (skin on), cut in julienne strips
- 1 stalk celery, thinly sliced
- 1/3 cup (75 ml) thinly sliced red onion
- 2 tbsp (25 ml) each extra virgin olive oil and white balsamic vinegar
- 1/4 tsp (1 ml) salt
- 1/4 tsp (1 ml) black pepper
- 1/4 cup (50 ml) sliced blanched almonds, toasted

HOW TO EASE THE TUITION BURDEN

APPLYING FOR SCHOLARSHIPS CAN BE LUCRATIVE

Going to university isn't cheap. However, a good way for students to lighten the financial burden is to apply for scholarships, especially given that some go unfulfilled.

"The biggest advice I give students is to actually apply for scholarships," said Shelby Verboven, the director of recruitment at the University of Toronto's Scarborough campus.

While it will take time to apply for different scholarships, it can be very lucrative, with most ranging in value from a couple hundred to several thousand dollars, she said.

Students should treat the process like applying for a job and customize every application. Over time, one can take shortcuts.

"Students will find if they are applying for multiple scholarships, they will be able to repurpose some of that information," Verboven said.

Another option is bursaries. Bursaries are usually based on financial need, while scholarships tend to depend on factors such as grades, community involvement and extracurricular activities.

However, some scholarships are based on unusual criteria. For example, Rob Henderson, the CEO of studentawards.com, said there is a scholarship on the site geared towards tall people. Not surprisingly, this scholarship comes from an association for the non-vertically challenged.

While it is tempting to begin one's scholarship search when the school year begins, people should look year round.

"The one mistake a lot of students make is they look in August and September when they are entering school, but don't realize there all sorts of scholarship opportunities throughout the entire year," Henderson said. "The pursuit of scholarships doesn't end once school starts."

Besides checking out a school's financial aid office and searching on websites such as studentawards.com and canlearn.ca, students should also check with their employers and parent's employers to see if they have scholarship programs. Students should also check with local community groups.

– Richard Woodbury

DESIGN, PROMOTE AND PRINT THE WESTAR WAY

Lloyd Halback founded Westar by responding to customer needs.

It all began in 1992 with photocopier repair.

"People started knocking on the door, saying could we make a copy?" Halback says. "Pretty soon we had 13 copiers, and people were lined up out the door."

Westar grew by word of mouth into a Regina landmark. "I was the first person to have self-serve copies for five cents in 1992 when everyone else was charging 25 cents," he says.

Six years ago, someone asked if he could fix an iPhone.

"I said, send one over. I can fix just about anything."

Now Westar employs two technicians specializing in iPhone, iPad, and iPod repair.

The business has evolved into a full-service graphic design and printing centre. With an expert graphic artist and wide-format print, Westar can produce everything from unique wedding invitations to full-size display banners for trade shows. A 42-inch laminator and a state-of-the-art cutter produce signs of any size. Westar supports customer interests in every way, from customized T-shirts to special design and print promotions.

CONTRIBUTED

For design, printing, or service needs, just ask Westar.

"We can do it," Halback says. "With all the equipment we have now, we can do all of it."

WESTAR
design print promote
The Little Print Shop That Could
t-shirts, flyers, posters
magnets, stickers
1101 J Kramer Blvd
Regina, SK S4S 5W4
P 306 545 2600
F 306 545 8992
123@westar.ca
www.westar.ca
iRepair iStuff
iPhone | iPod | iPad | Laptop Screen Repairs
iPhone, iPod, iPad,
Laptop Screen Repair
All Can Be Repaired At Westar!
We Repair iPhone 5!

Reasons Mommy Drinks: Because you hit her with a block and she can't swear

RICHARD CROUSE
Metro World News

Reasons Mommy Drinks, the new book by Lyranda Martin Evans and Fiona Stevenson could have been subtitled What to Expect After You've Been Expecting.

"We really felt like this was the ultimate baby shower gift," said Martin Evans, a five foot seven inch blond with a keen wit and infectious laugh. "Both of us got a lot of doom and gloom books, so when we were writing we thought we wanted to do a baby shower gift book you can read and actually laugh with."

The book is a mom's eye view to surviving the first 18 months of parenting written chronologically from the baby shower to when the little ones are finally starting to walk and talk.

The book is part advice, part bartender's guide that offers up a coping mechanism that comes with a twist — a lemon twist.

Each of the parenting challenges — dealing with nap time, in-laws or the first haircut — is paired with mock or cocktail. The daycare chapter, for instance, is matched with the Day Care Defense, a fruity rum drink they say will "numb your guilt, kill germs and boost your immune system."

Martin Evans and Stevenson met in high school and bonded over a love of writing and performing comedy.

"In the 10th grade, we co-wrote and performed our first standup comedy show — a Full House/Beverly Hills 90210 mash-up — and, in doing so, discovered we had amazing creative chemistry, and a similar comedic voice," says Stevenson, a bright-eyed brunette with a ballerina build and an infectious smile.

Those shared interests fuelled their friendship through university.

Fiona Stevenson, left, and Lyranda Martin Evans, authors of Reasons Mommy Drinks. GUSTAVO GONZALEZ

"After graduating from Queen's and embarking on full-time careers in marketing and advertising, we looked for new ways to join forces creatively. We did the Second City conservatory program together, co-produced sold-out musical variety shows for charity and founded a sketch comedy troupe called Math is Hard."

Two years ago when the friends found themselves pregnant at the same time, Martin Evans says they looked for a way to use their "creative writing skills and do something we enjoy." After some thought they gave birth to reasonsmommydrinks.com.

"Like all working moms, we are time starved and want to maximize our time with our families," Stevenson says. "Our long history of creative collaboration and shared work ethic makes us an incredibly productive team. It's amazing what we can accomplish in a two-hour power writing session during nap time.

"We wanted to give a voice to the new generation of moms — accomplished, ambitious women who, as they transition to their new role as parents, want to do the absolute best for their new baby in every possible way, without completely losing themselves in the process. To a time-starved, sleep-deprived new mom, it can feel like an impossible task at times, and we discovered there's a lot of comedic gold in that daily struggle."

The blog was an instant hit. "Parents immediately got the joke behind the title," says Stevenson. Voted best blog from Toronto Mom Now, it inspired them to think beyond the internet.

"The book is about the first year-and-a-half, which I found really hard," Martin Evans says. "I did not have the kid who went to sleep. You see those mothers who have that perfect kid who sleeps all the time, wakes up happy. I didn't have that kid. Neither did Fiona. We had high maintenance kids.

"But all the things that, at the time were frustrating are now really funny. Tragedy plus time equals comedy."

Martin Evans says the tone of the book is tongue-in-cheek, but she hopes parents — or even single people, who she says can, "use it as a birth control reminder" — will read the book and realize that they are not alone.

"I think different women will take away different things from the book," Martin Evans says. "The overarching theme, the best thing you can take away from it is, we're all in this together and it is so worth it. The very last drink in the book is the Kool Aid. It's like, drink the Kool Aid. It's worth it."

Put your money where the cash is

YOUR MONEY
Alison Griffiths
money@metronews.ca

I've previously written that the key to successful saving and investing was having a balance between equities (stocks), bonds and cash.

Several readers questioned the need for cash in a portfolio. Yes, interest rates are paltry, and likely to continue for some time, but during stock market turbulence any kind of positive return can be a lifesaver.

Cash plays four important roles in a financial plan.

1. Cash provides ballast

That's how my old friend Eric Kirzner professor of finance at the Rotman School of Business refers to the role of cash for investors.

When the market takes a dive, this stolid holding is still there providing a return.

In fact, there have been many times over the past 20 years when cash has performed better than equities. We all remember the stock market carnage of 2008 and 2009 — cash was king during those years. It was also the winning investment in 1981, 1987, 1990, 2001 and 2002.

Cash should play an important role in your financial plan. ISTOCK

2. Cash equals opportunity

Those with cash can swoop in and buy when the stock market swoons. Too often investors flee for the sidelines after a market crash. But the savvy folk use cash to buy good quality stocks at a bargain. Don't we all wish we'd done that in 2008 and 2009?

3. Cash is a rebalancing tool

Top money managers tell me that up to 60 per cent of the profit they generate comes from the process of returning a portfolio to its original allocation of equities, bonds and cash.

Having cash allows investors to tweak their portfolios and put more money into asset classes that are sagging.

This vital housekeeping discipline keeps a portfolio healthy, but without cash investors are forced to sell bonds or equities in order to rebalance.

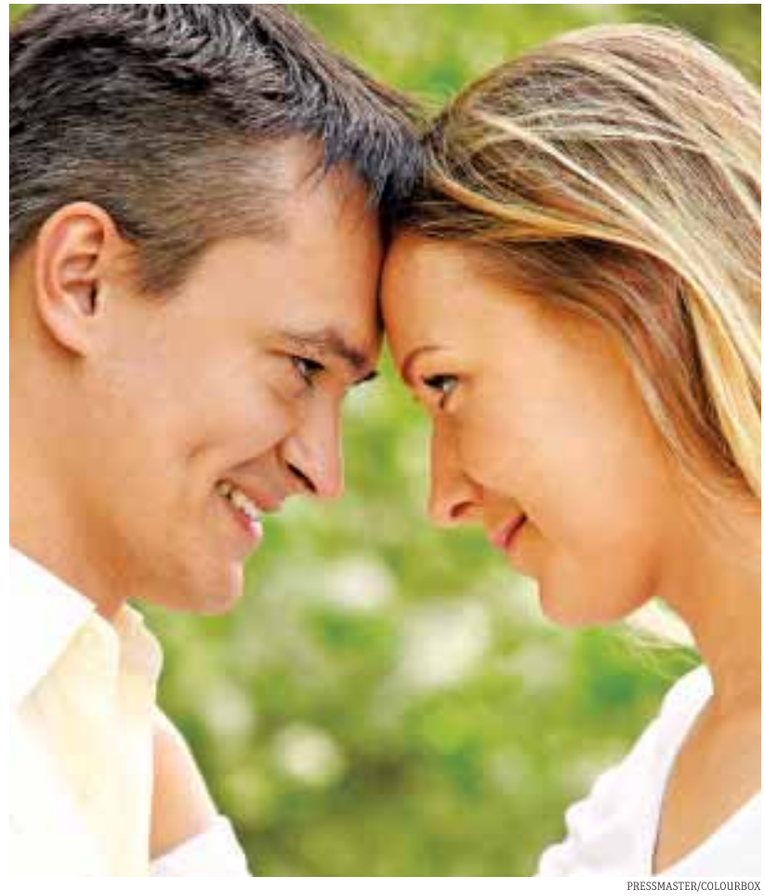
4. Cash is an emergency saviour

When the car is kaput or the roof leaks, cash will bail you out. Emergency cash should be kept in a savings or Tax Free Savings Account for ready access. It's far better to have cash sitting there earning one per cent than be forced to pay four to 29 per cent on lines of credit or credit cards.

It isn't sexy but cash is absolutely the most useful saving and investing tool.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

TALKING ABOUT SEX



PRESSMASTER/COLOURBOX

University and college students are heading back to class, but they will also be making tracks to local pubs, residence parties, as well as sorority/fraternity events and the like.

The typical socializing and drinking that often come with these fun events also bring up the matter of sexual health. Or, rather, the lack of attention to sexual health.

After all, who is going to talk condoms and STIs (sexually transmitted infections) when young people are just getting to know each other? Most have no idea of where to start.

"The conversation isn't about how to use a condom, it's communicating about condoms, period," says Brian Parker, sex educator with Options Sexual Health Association in Edmonton. "Knowing how to talk about it, how to negotiate a conversation, is key."

Teaching sex education to junior and senior high students, Parker says teens show a great level of comfort talking about issues like pregnancy, abstinence, masturbation, etc. And thanks to 24/7 access to information and misinformation online, young people are armed with plenty of details, but not necessarily the facts. Most don't realize, for example, that syphilis has been on the rebound since 2006, and that a new antibiotic-resistant gonorrhea is just reaching North America from Eastern points.

"Kids need to hear medically-correct information, but also that not all young people have sex, and that's cool, too," Parker says. "It's all about that open conversation."

At Ottawa's Sexual Health Centre, nurses talk to clients not only about safe sex and negotiating the use of condoms, but also about sexual readiness and abstinence, especially at school-based satellite offices.

"It's important to emphasize that if you can't talk about it, you shouldn't do it," said Pam Oickle, manager of the Ottawa Public Health healthy sexuality and risk reduction unit. "And practising safe sex means talking with your partner. The numbers for chlamydia and gonorrhea remain high in the 15-24 age group, but numbers for those being tested drops at times. Whenever there is a community event, like the Pride parade, response goes up again. Awareness, education and dialogue is key."

– Lucy Haines

PUTTING THE SPOTLIGHT ON SEXUAL HEALTH

COLOURBOX

Universities and colleges should probably offer a course called condom awareness, aimed at students in this key demographic for STIs (sexually transmitted infections) and unplanned pregnancies.

Statistics bear out these concerns — in Canada, some of the highest rates and increases in STIs are in young people aged 15-24. Health Canada data shows that fewer than half of women report using condoms as a primary form of contraception, and young males (15-24) were less likely to report using a contraceptive at all.

"There is a condom fatigue," says Brian Parker, a sex educator with Options Sexual Health Association in Edmonton. "Young people have an 'it won't happen to me' attitude. They think of HIV/AIDS as a chronic illness now, not as a death sentence. And STIs often have no symptoms at all, so the issue isn't top of mind."

The Canadian Federation of Students (CFS) works with post-secondary student unions around the country to put a spotlight on sexual health. Besides the long-running "no means no" campaign, the CFU also helps provide campuses with low or no-cost safe sex materials.

"We want to continue the discussion about healthier relationships and safer sex," says CFU national deputy chairperson Vanessa Hunt.

A team of students working in the University of Alberta's wellness services division offers presentations to student groups, residence gatherings and the like.

"These fresh faces come to the university for the first time and have to navigate challenging social situations," says Jameela Murji, team lead with health promotion services at U of A.

"Our aim is to convey the key message of communicating with a partner and, if they're going to do it, to negotiate safer sex."

The U of A's health clinic provides counselling, STI testing and free condoms, while a student health 101 online magazine brings home the same messages.

– Lucy Haines

Regina Qu'Appelle HEALTH REGION

Regina Sexual Health Clinic

2110 Hamilton Street, Regina SK · **(306) 766-7788**

Are you doin' it?
STI testing
Free and confidential.

Clinic Hours

Mon / Thu 12:15 pm-4 pm, 6 pm-8:30 pm
Tue / Wed / Fri 9 am-11:30 am, 1 pm-4 pm

The Regina Pats practise Monday at the Brandt Centre in preparation for Tuesday's pre-season game on the road against the Saskatoon Blades.
MARCO VIGLIOTTI/METRO

Roster decisions ahead at Pats camp

WHL. Tuesday's tilt with Blades gives coach Cameron chance to evaluate roster with pre-season nearing end

MARCO VIGLIOTTI
marco.vigliotti@metronews.ca

Entering the last week of training camp, it's make or break time for the junior hockey hopefuls vying for a spot on the Regina Pats 2013-14 roster.

After dropping both games last week in a home and home pre-season series with the Prince Albert Raiders, the Pats cut a trio of players on Saturday, including second-overall pick Sam Steel.

"At (the age of) 15 he can't play here this year — we wanted to expose him to some exhibition games," Pats head coach Malcolm Cameron said Monday on the decision to cut Steel. "That was the plan all along — he has to get back for school."

The Pats have three games left in their pre-season schedule, including Tuesday's tilt against the Saskatoon Blades.

Following the game in Saskatoon, the Pats will open up another home-and-home series with the Brandon Wheat Kings to conclude their pre-season campaign.

Cameron said the final roster would probably be finalized at the end of the week, though he noted that the starting goalie position could fluctuate throughout the season.

"I believe in playing who's hot," he said. "I think you have to earn the net and certainly the goaltending job has to be earned."

After winning the backup position last season, netminder Teagan Sacher comes into this year's training camp with a firmer understanding of what's expected from the coaching staff.

"This is my second year, so I'm kind of used to it," he said Monday about this year's training camp. "Last year was a bit of a grind cause I was new — but now I know what to expect."

Puck drop for Tuesday's game in Saskatoon is 7:05 p.m.

NHL

Flames' Kipper calls it a career

Calgary Flames goaltender Miikka Kiprusoff announced his retirement Monday.

The 36-year-old spent the last nine seasons with the Flames, including the club's memorable run to the 2004 Stanley Cup final.

Kiprusoff holds team records for wins (305), games played (576) and shutouts (41). THE CANADIAN PRESS

Lance Armstrong

IOC wants bronze medal returned

The IOC wants Lance Armstrong to hand back his Olympic medal.

IOC vice-president Thomas Bach says Armstrong and the U.S. Olympic Committee had been asked to return the bronze medal that the American won at the 2000 Olympics in Sydney.

Armstrong was stripped of his seven Tour de France titles and banned for life from elite sports. The IOC also stripped him of his bronze medal.
THE ASSOCIATED PRESS

NFL

Fan dead after fall from overpass

NFL opening day excitement was tarnished with the death of one fan who fell from a pedestrian overpass outside the big game in San Francisco, and injuries to two others from falls inside the Indianapolis stadium.

Early indications suggest 32-year-old Kevin Hayes of Hayward fell accidentally, San Francisco Police Chief Greg Suhr said.
THE ASSOCIATED PRESS

Nadal outshines Djokovic for 13th major title

Rafael Nadal beat Novak Djokovic in the U.S. Open final on Monday.
MATTHEW STOCKMAN/GETTY IMAGES

Hard to believe this is the same Rafael Nadal who was home during the U.S. Open a year ago, nursing a bad left knee.

Hard to believe this is the guy sent packing in the first round of Wimbledon in June, losing against someone ranked 135th.

Looking fit as can be and maybe even better than ever, the No. 2-ranked Nadal pulled away from No. 1 Novak Djokovic 6-2, 3-6, 6-4, 6-1 on Monday in a taut, tense U.S. Open final for his 13th Grand Slam title.

"Very, very emotional, no?" Nadal said during the on-court trophy presentation. "Probably only my team knows how much (this) means for me."

They started in sunlight and finished at night, a three-hour, 21-minute miniseries of cliffhangers and plot twists and a pair of protagonists who inspired standing ovations in the middle of games.

There was no quit in either of them, during points that lasted 15, 25, even more than 50 strokes.

"Probably nobody brings my game to the limit like Novak," said Nadal.

This was their 37th match against each other, the most between any two men in the Open era, and Nadal has won 22. It also was their third head-to-head U.S. Open final in the last four years. Nadal beat Djokovic for the 2010 title, and Djokovic won their rematch in 2011.

They know each other's games so well, and play such similar hustle-to-every-ball styles, but in the end, it was Nadal who was superior.

"He was too good. He definitely deserved to win this match today and this trophy," Djokovic said.
THE ASSOCIATED PRESS

Horoscopes

♈ Aries
March 21 - April 20
A social invitation will come your way and you should snap it up. Life is too short to waste on things of no importance, including working for other people on projects you have no real attachment to.

♉ Taurus
April 21 - May 21
Recent struggles may have you down but there are still plenty of reasons to be cheerful. Life is full of joys and wonders — all you have to do is open your eyes and heart.

♊ Gemini
May 22 - June 21
You may be reluctant to start something new because you sense it is going to be tougher than you expected. You're right, it will. But if you give up now, you will regret it later.

♋ Cancer
June 22 - July 23
You sometimes find it hard to look on the positive side of life but over the next few days you will discover no end of reasons to smile. Remember: You are not a victim and life is what you choose to make of it.

♌ Leo
July 24 - Aug. 23
It seems you have an urgent need to feel accepted by people you work with. That could lead to you doing things that are not in your long-term interests. The best way to impress people is to be yourself.

♍ Virgo
Aug. 24 - Sept. 23
Why are you attaching so much importance to things that are not worth worrying about? You need to snap out of it and get your mind back on track — the one that leads to your dream.

♎ Libra
Sept. 24 - Oct. 23
What others say can't be done, you will do just for the fun of it. If you focus your energy in one direction, you'll achieve something that amazes.

♏ Scorpio
Oct. 24 - Nov. 22
Don't worry too much if your temper gets the better of you and you snap at someone you love. Your solar chart indicates that by this time tomorrow you will be best buddies again.

♐ Sagittarius
Nov. 23 - Dec. 21
Try to focus on an activity that involves you on every level — mental, physical, emotional. If you put everything you've got into what you do today, the results will be spectacular and highly profitable too.

♑ Capricorn
Dec. 22 - Jan. 20
Anything of a creative nature will go well over the next few days, so give yourself permission to dream and let your inner compass guide you in the right direction.

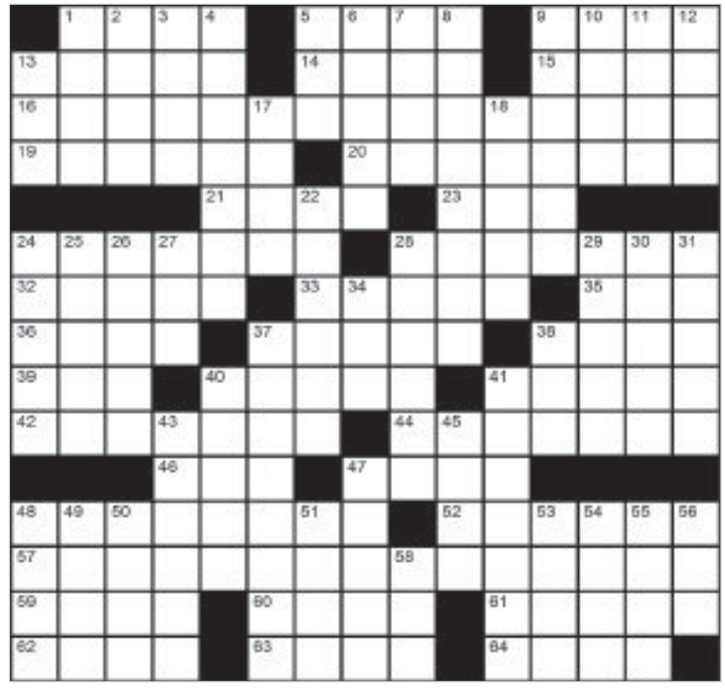
♒ Aquarius
Jan. 21 - Feb. 19
Force yourself to enjoy what you have to do today, even if it isn't your first choice or your second. It will go better than expected and you can reward yourself by indulging in what you do enjoy this evening.

♓ Pisces
Feb. 20 - March 20
Go somewhere you have never been before. Do something you have never done before. The planets suggest you can afford to be adventurous. In fact, you will regret it later if you stay too close to home now. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

BY KELLY ANN BUCHANAN



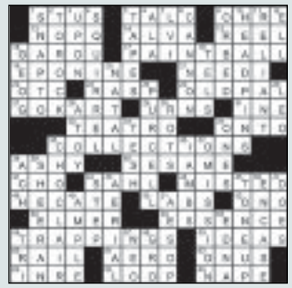
Across

1. Etna extraction
5. Outline
9. Be in need of Gold Bond
13. Not-leaving prisoner
14. Berry found in the Amazon Rainforest
15. Intl. alliance created in 1949
16. People on Blackberrys, for instance: 2 wds.
19. Run off the track
20. Herman __ (Novelist of Moby-Dick; or, The Whale)
21. Certain
23. South: French
24. Coleslaw's content
28. Discharge
32. The Hunter constellation
33. __ Kea (Site of observatories in Hawaii)
35. The Pacific __
36. Prefix meaning 'Self'
37. Teachers of yore
38. Like an owl
39. Some radios, e.g.
40. Fashion mag
41. Cut
42. Cushy barn section
44. Most times
46. Cartoon fight sound effect!
47. "I'm Yours" singer Jason
48. Passage-hindering war tactic
52. Acadian dish of grated potatoes, __ Pie
57. Medieval-inspired futuristic cartoon series of yore in Canada: 3 wds.
59. Entr'__ (Theatrical interlude)
60. Stretched tight
61. Effort to achieve a goal
62. Filmed a movie
63. The Beatles' Pepper, et al.
64. Guesses [abbr.]

Down

1. Green hue
2. Way over yonder
3. Waitress on "Alice"
4. Craftsperson
5. "Well, __-di-dah!"
6. Green Day's "When _ __ Around"
7. Pony's pride
8. They measure television viewership
9. Newsmagazine show, "__ Edition"
10. Unit of weight in China
11. Keyboard key
12. Outdoor tap hookup
13. John Lennon's unintended acronym
17. Socket's insertee
18. Droplet-looking throat part
22. Outfit the boat with a new sail-support, say
24. Sports team leader
25. Popular island retreat
26. Itsy-__
27. Scarer's sound!
28. "__ Has It" by Adele
29. Princess in "The Little Mermaid" (1989)
30. __ rug
31. Manicure board
34. Get weapons
37. Canadian brothers band, The __
38. "Huh...?"
40. "Twistin' the Night Away" by Sam __
41. Leonard Cohen song title lady
43. Necklace's storing-little-things piece
45. Wrapped garment
47. "You know you gotta help __ ___..." - The Killers
48. Arm: French
49. __ Ness Monster
50. Eight: Prefix
51. Burden
53. Greek letters
54. Station
55. Promissory notes
56. Mr. Asner's
58. "Holding Out for a Hero" singer ...her initials-sharers

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

9	6	8	4	7	3	5	2	1
2	7	4	6	1	5	3	9	8
3	1	5	2	8	9	4	7	6
4	3	1	8	9	2	7	6	5
5	8	9	3	6	7	1	4	2
6	2	7	1	5	4	9	8	3
8	9	6	5	4	1	2	3	7
7	5	2	9	3	8	6	1	4
1	4	3	7	2	6	8	5	9

9			3	7				1
	6					8	3	
	8			1	2			4
					6			8
		5				4		
7			5					
3			2	9			4	
	9	1					2	
6				5	1			9

visit metronews.ca
metro

Metro apologizes as an incorrect ad ran for the Regina & District Chamber of Commerce on Friday, September 6th, 2013.

The actual ad will run on Friday September 13, 2013.

Back to School

FLORA
www.florahealth.com

ENHANCED BONE & IMMUNE FORMULA

Kindervital Multivitamin for Children

- Improves appetite and digestion
- Highly absorbable calcium and essential vitamins
- Great tasting

NPN 80021307

IMPROVES LEARNING ABILITY & CONCENTRATION

Efalex®

- Source of omega-3 fatty acids (EPA and DHA)
- Improves coordination
- Helps relieve symptoms of learning and behaviour disorders

NPN 80002538 NPN 80016001

CLINICALLY PROVEN · CHEWY-FREE · GLUTEN-FREE

WE'RE GOING TO KNOCK THE SNOT OUT OF YOU...

Sambu®Guard takes your family's cold symptoms to the mat

No one likes having a cold but let's face it, with the busy fall and winter seasons, it's not a matter of "if," but "when." When that cold hits your household, we want you to be prepared to fight it from the first sniffle with Dr. Dünner's effective 4-in-1 formulas, designed to treat cold symptoms.

- Great tasting
- Convenient liquid and lozenge formula
- All liquid formulations bottled in glass

$3 OFF IN STORE COUPON

GLUTEN-FREE · NON-GMO · VEGETARIAN

WOMEN'S HEALTH

$2.50 OFF IN STORE COUPON

Florasil®

For longer hair, stronger nails & smoother skin

What sets Florasil® apart?

- Plant-based, derived from the spring horsetail plant, not quartz, rock or sand
- Water soluble (orthosilicic-acid) form of silica
- Proven safe and effective

NPN 80023001

Imagine your legs without VARICOSE VEINS

CircuVein: Clinically proven to reduce the appearance of varicose and spider veins within just 2 months!

- Acts as an antioxidant and supports veins by reducing inflammation
- Protects and tones vascular blood vessels to prevent leakage, swelling and heaviness

NPN 80023001

Your health food store and so much more…

OLD FASHION FOODS LTD.

501 Victoria Ave. (306) 352-8623
2425 Quance St. E. (306) 789-4055
3976 Albert St. (306) 585-2144
447 Albert St. (306) 924-3134
4123 Rochdale Blvd. (306) 545-4699
405 Souris Ave. Weyburn (306) 842-3003

FREE DELIVERY on orders over $25, weekday afternoons

www.oldfashionfoods.com

OLD FASHION FOODS BLOW OUT

Old Fashion Vitamin E
BLOW OUT
200 i.u. 90's
Sale $2.00

Old Fashion Herbal Energy
BLOW OUT 50% OFF
90's
Sale $4.99

No other discount applies. Sale ends Sept 30, 2013 or while supplies last.